

**1 WHAT IS CLAIMED IS:**

**2 1. A gym board comprising**

**3 a board having**

**4 a top surface,**

**5 a bottom surface,**

**6 multiple edges,**

**7 multiple corners,**

**8 a center,**

**9 a traction area formed on the top surface,**

**10 a center holder formed on the bottom surface at the center and**

**11 having multiple equal recesses, and**

**12 at least two side holders formed at the same edge, and each side**

**13 holder equal to one of the recesses, each side holder formed at one of the corners,**

**14 and**

**15 an insert body mounted inside the center holder and side holders, having**

**16 multiple insert blocks, each insert block having**

**17 a top selectively inserted into one of the recesses in the central**

**18 holder and the at least two side holders,**

**19 a bottom side edge, and**

**20 a cap mounted on the bottom side edge.**

**21 2. The gym board as claimed in claim 1, wherein the board further**

**22 comprises two handles mounted on the board along two opposite edges.**

**23 3. The gym board as claimed in claim 2, wherein the board further**

**24 comprises at least two slotted holes, each slotted holes is defined through the**

1 edge corresponding to the handles.

2 4. The gym board as claimed in claim 3, wherein three slotted holes  
3 defined through each edge corresponding to the handles.

4 5. The gym board as claimed in claim 1, wherein the traction area of the  
5 board further comprises multiple nubs formed on the traction area.

6 6. The gym board as claimed in claim 1, wherein four side holders are  
7 formed on the bottom surface of the gym board.

8 7. The gym board as claimed in claim 1, wherein the board further  
9 comprises at least two quarter holders formed around the center holder, each  
10 quarter holder is shaped as one of the recesses and equal to one of the recess.

11 8. The gym board as claimed in claim 7, wherein four quarter holders are  
12 radial arranged around the center holder.

13 9. The gym board as claimed in claim 3, wherein the gym board further  
14 comprises two resilient cords mounted through the slotted holes.

15 10. The gym board as claimed in claim 1, wherein the gym board further  
16 comprises at least two holding bodies mounted inside the side holders.

17 11. The gym board as claimed in claim 6, wherein the gym board further  
18 comprises four holding bodies mounted inside the side holders.

19 12. The gym board as claimed in claim 7, wherein the gym board further  
20 comprises at least two quarters mounted in the quarter holders.

21 13. The gym board as claimed in claim 8, wherein the gym board further  
22 comprises four quarters mounted inside the quarter holders.

23 14. The gym board as claimed in claim 9, wherein each resilient cord has  
24 an elastic cord having

- 1 a distal end, and
- 2 a proximal end selectively mounted inside one of the slotted holes
- 3 in the board, and
- 4 a handle mounted on the distal end of the elastic cord.